

Weekly Diabetes Update 11-30-07

1. **Funding Opportunity – Missouri Foundation for Health Seeks Dental Sealant Applications**

Please share with your partners in the dental field: The Missouri Foundation for Health (MFH) has issued a Request for Applications in an effort to increase the access of underserved Missouri children to dental sealants. Many states have recognized the importance of dental sealant programs as a cost-effective method to control tooth decay in children. This funding opportunity is part of MFH's "Smiles Across Greater MO", one of four Priority Area Grant programs offered. Programs funded under this priority area will support the development of dental sealant application and preventive dental education within the MFH service region. The deadline to submit an application is **February 14, 2008**. Please visit the MFH website at <http://www.mffh.org/page1.html> to download the Request for Applications.

2. **New Publication: "Choose Your Foods: Exchange Lists for Diabetes"**

The American Dietetic Association will be holding a teleseminar (telephone seminar) on **December 13, 2007**, to present the new publication "Choose Your Foods: Exchange Lists for Diabetes." The featured speakers are two of the publication's co-authors. There is a fee for each connection site. You might check with local dietetic associations to see if they are already participating in the teleseminar. Visit the American Dietetic Association's website for more information at http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education_13733_ENU_HTML.htm.

3. **CDC Morbidity and Mortality Weekly Report (MMWR) Articles**

In its November 16, 2007, issue, the CDC MMWR published an article on "Racial Disparities in Diabetes Mortality Among Persons Aged 1--19 Years -- United States, 1979-2004" (56(45); 1184-1187). An analysis of data determined that diabetes death rates for black youths were approximately twice those for white youths. Read the article online at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5645a2.htm>.

The November 23, 2007, issue of MMWR has an article titled "Prevalence of Regular Physical Activity Among Adults -- United States, 2001 and 2005" (56(46); 1209-1212). Although there have been some increases in physical activity overall, analysis showed racial/ethnic disparities in the rates of increase. For more information go to http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5646a1.htm?s_cid=mm5646a1_e.

4. **Diabetes Research News**

Depression can be common in people with diabetes, and treating depression can help older adults with diabetes live longer. Read the press release from the American Diabetes Association online at <http://www.diabetes.org/for-media/pr-treating-depression-prolongs-life-112707.jsp>.

Two separate studies indicate that diets featuring high-glycemic foods that more quickly raise blood sugar increase the risk of type 2 diabetes in African American and Chinese women. See more information from Reuters online at <http://www.reuters.com/article/healthNews/idUSCOL74853520071127>.

Could vitamin D help prevent type 2 diabetes? The results of a 17-year follow-up suggest it could. Read the news article from Reuters online at <http://www.reuters.com/article/healthNews/idUSCOL96182020071119>.

Drug compounds that mimic the effects of resveratrol, a chemical in red wine, are proposed for FDA approval for human clinical trials for the treatment of type 2 diabetes. More information can be found at Reuters online at <http://www.reuters.com/article/companyNewsAndPR/idUSN2861871620071128?sp=true>.

Type 1 Diabetes TrialNet, a network of diabetes research centers, uses insulin pills to try to delay or prevent Type 1 diabetes in people who have close relatives with the disease and are themselves at risk. Read more about the study in a New York Times article, which features the story of fraternal twin sisters, at http://www.nytimes.com/2007/11/20/health/20diab.html?_r=1&oref=slogin.

5. **Holiday Eating**

'Tis the season to enjoy the company of family and friends, along with a little (or a lot of) food thrown in. In the spirit of trying to eat as sensibly as possible during this time, we will feature some recipes from the American Diabetes Association (ADA). The ADA has a quick and easy recipe for Apple or Pear Dip on their website at <http://vgs.diabetes.org/recipe/viewRecipeDisplay.jsp?SizedRecipeId=789&CategoryID=2>. For other great Diabetic recipes to go <http://vgs.diabetes.org/recipe/index.jsp>.

6. **PEOPLE WITH DIABETES AND SICKLE CELL TRAIT SHOULD HAVE RELIABLE A1C TEST**

This complete NIH News Release is available online at: <http://www.nih.gov/news/pr/nov2007/niddk-28.htm>.

A new information campaign of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health, highlights the importance of using accurate methods to test hemoglobin A1c in people with diabetes who have sickle cell trait or other inherited forms of variant hemoglobin. The specific needs for testing blood glucose control in these patients are explained in two booklets, "Sickle Cell Trait and Other Hemoglobinopathies and Diabetes: Important Information for Physicians" and "For People of African, Mediterranean, or Southeast Asian Heritage: Important Information about Diabetes Blood Tests" from NIDDK's National Diabetes Information Clearinghouse at <http://diabetes.niddk.nih.gov/>.

"If you see a significant discrepancy between a patient's A1C reading and the results of routine blood glucose monitoring, consider the possibility that your patient may have a hemoglobin variant and find out if your lab is using an accurate method to measure A1C," advises NIDDK Director Griffin P. Rodgers, M.D.

7. **Heart Disease and Stroke News**

New Stroke Data Regarding Missouri Residents

Stroke is the third leading cause of death in Missouri. A new stroke data resource is available by going to <http://www.dhss.mo.gov/Stroke> and clicking on Stroke Data Profile. This data relates exclusively to Missouri residents. Advanced graphics such as trend lines are offered, and in many cases, county specific data is available using the advanced graphics. The Department of Health and Senior Services' (DHSS) Bureau of Health Informatics, Office of Epidemiology, and the Heart Disease and Stroke Prevention Program Statewide Stroke Committee created the Stroke Data Profile through a collaborative effort. For more information, contact Karen Connell at 573-522-2867, or by e-mail at Karen.Connell@dhss.mo.gov.

Coronary Heart Disease Mortality Among Adults in the U. S. from 1980 through 2002: Concealed Leveling of Mortality Rates

The Journal of the American College of Cardiology published a report that examined age-specific mortality rates from coronary heart disease, particularly those among younger adults. The report can be found at: <http://www.acc.org/JACC/Ford.pdf>.

Heart Disease Kills More Younger Women

Heart disease death rates are increasing for younger women even as they have been showing a lower trend for men. Are obesity and other risk factors to blame? Please read the full article at <http://news.aol.com/health/story/a/heart-disease-kills-more-younger-women/20071120062009990001>

8. **Youth Resource – BaM! Body and Mind**

The Centers for Disease Control and Prevention has designed a site for kids 9-13 years old that gives them the information they need to make healthy lifestyle choices. BaM! uses kid-friendly lingo, games, quizzes, and other interactive features, and also serves as an aid to teachers and parents, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health. There are sections on food and nutrition and physical activity. And the section on "your body" features diabetes. Check it out at: <http://main.diabetes.org/site/R?i=kYlp8GBeZ4rKLDtBWWyKMA>.

9. **USA Today several articles on issues related to diabetes as part of a four-day series titled "The Fight Against Diabetes." Headlines and summaries appear below.**

"Diabetes 'Revolution' Is Cutting Both Ways"

The article examines how, although complications from diabetes have decreased, not "everyone is reaping the benefits" from improvements in treatment of the condition. In addition, the article examines how diabetes "is increasing worldwide at such an alarming rate that the number of new cases is outpacing the number of those benefiting from gains made in treatment," in large part because of obesity. According to experts, the increased rate of diabetes "threatens to overwhelm health systems and undermine economies." See: http://www.usatoday.com/news/health/2007-11-11-diabetes-cover_N.htm.

**"Get Off the Road to Diabetes:
'Pre-Diabetes' Diagnosis Can Jump-Start a Change of Habits To Lower Risk"**

The article examines how individuals at increased risk for diabetes because of age, genetic profile or other factors can change their lifestyle to help reduce their risk for the condition. Indiana University diabetes researcher David Marrero said, "Diabetes is reaching epidemic proportions. The number of people who have early stages – pre-diabetes – is three to four times the people with frank diagnoses of diabetes." In reference to the diagnosis of diabetes, he said that "it's better to catch the horse before it gets out of the barn." See: http://www.usatoday.com/news/health/2007-11-11-pre-diabetes_N.htm.

"Diabetes Strikes Younger and Younger"

This article examines the "nationwide trend toward more high-fat food and less high-activity play" that has "run smack into a genetic predisposition for diabetes" and prompted an increase in cases of type-2 diabetes in children. See: http://www.usatoday.com/news/health/2007-11-12-diabetes-children_N.htm?csp=34.

"Islets Could be Key to Diabetes Cure"

This article discusses the experimental procedure known as islet transplantation. See: http://www.usatoday.com/news/health/2007-11-13-diabetes-research_N.htm.

"Diabetes diet? Think Tasty, but Healthful"

This article addresses a healthy diet for people with diabetes and features Ann Albright, the director of the Division of Diabetes Translation at the Centers for Disease Control and Prevention. See: http://www.usatoday.com/news/health/2007-11-13-diet-main_N.htm.

"Healthy Menus for People with Diabetes"

Includes several diabetes-friendly recipes. http://www.usatoday.com/news/health/2007-11-13-diabetes-recipes_N.htm.

"Diabetes is No Obstacle to a Long, Healthy Life"

This article profiles the book that will be released next month called "50 Secrets of the Longest Living People with Diabetes." See: http://www.usatoday.com/news/health/2007-11-14-diabetes-book_N.htm.